



# FORGING THE

# WARRIOR SPIRIT

## The JRTC and Fort Polk Guardian

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Home of Heroes @ Fort Polk, LA

March 5, 2021



JEAN CLAVETTE GRAVES/BJACH

### Soldiers participate in emergency medical training

Sgt. 1st Class Sidney Pirtle, Pleasant Hill, Calif. Recruiting Station administers an IV to Spc. Cruz Espinosa, 5th Battalion, 25th Field Artillery Regiment, 3rd Brigade Combat Team, 10th Mountain Division during the Emergency Medical Technician

training conducted by the Bayne-Jones Army Community Hospital Education Division at Fort Polk on Feb. 24. See more emergency medical technician training coverage on page 6.

### Weekend weather



### Inside the Guardian

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# Viewpoint

## In our view

Guardian staff asked the JRTC and Fort Polk community, "If you could spend an hour with one historical figure, who would it be and why?" Here are their responses:

**Betty Bellamy:**  
"Walter Cronkite.  
He was a very  
humble man and  
broadcaster."



**David Thornton:** "There are many influential people in America. That alone makes this question almost impossible to answer. If I could only choose one, it would have to be Walt Disney. His personal history is great to learn and study, but the lasting impression he has made around the world is one of the most amazing things anyone could have ever imagined."



**Andrew Kirkbride:** "George Washington, because I would just like to see how he acted day to day. I would also like to discuss his personal beliefs and foundational ideas on why he believed the United States should be a separate nation from the British monarchy."

**Christy Graham:** "Frédéric Chopin: I'd ask to hear him play one piece, pick his brain about his writing process and then ask about his favorite song."



**Virginia Lippert Hol-loway:** "Henry Kissinger. I would like to ask him how he worked with so many leaders around the world."



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All editorial content of the Guardian is prepared, edited, provided and approved by the Public Affairs Office, Joint Readiness Training Center and Fort Polk.

For more information on Fort Polk units and happenings visit the following Facebook pages: **@JRTCOperationsGrp**, **@BayneJonesACH** or **@fortpolkmwr**.

## Briefs

### New service

Fort Polk's Religious Support Office is increasing its spiritual outreach to the Fort Polk community by offering a new Protestant service.

The service begins Sunday at Glory Chapel, 1980 Glory Loop Road. The service, called Christ the King Chapel Fellowship Service, follows a traditional format and will be held each Sunday at 9 a.m.

The service promotes family integrated worship, which means there is no child care or children's church offered. Instead, children sit with their parents through the service.

### Off limits

Military personnel are prohibited from entering or doing business with the following establishments, areas or businesses in Fort Polk, Leesville, Barksdale Air Force Base and Shreveport areas.

Violators are subject to Uniform Code of Military Justice disciplinary or further administrative actions. Businesses include the American Legion Post 510: Leesville; Adolph's Grocery: New Llano; Banshees Motorcycle Club: Alexandria; BEAST Motorcycle Club: West Lake; Blackhawks Motorcycle Club: Lake Charles; Black Reign Motorcycle Club: Leesville; Days Inn: Leesville; Kokopellis: Shreveport; Lotus: Bossier City; Outcast Motorcycle Club: Lake Charles and Pipes Emporium: Bossier City.

If you have any questions regarding off limits establishments, call the Directorate of Emergency Services at 531-2677.

### Tuition assistance

ArmyIgnitED replaces the GoArmyED system. Soldiers requesting tuition assistance should apply for aid as soon as possible. Education Center staff can assist Soldiers in one of the three computer labs. They are also available for the creation of [ArmyIgnitED](#) accounts by appointment only. To make an appointment call 531-5269.

## Expo offers spouses employment opportunities

By **CHUCK CANNON**  
Command Information Officer

FORT POLK, La. – Active-duty Army spouses took part in a virtual Military Spouse Career Empowerment Expo, sponsored by Military OneSource, March 4 from 9 a.m.-3 p.m.

The event drew more than 400 participants Army-wide and included a panel discussion and breakout sessions focusing on resume preparation, networking, education options and personal well-being.

Brig. Gen. David Doyle, Joint Readiness Training Center and Fort Polk commander, made opening remarks (virtually).

Hollyanne Milley, spouse of Gen. Mark Milley, chairman of the Joint Chiefs of Staff, was the guest speaker.

Stacey Delgado, Fort Polk Employment Readiness Program manager, said the expo was the brainchild of Military OneSource and Military Spouse Employment Partnership – MSEP.

"They came together as a group and determined smaller installations needed a specialized hiring event expo where they could gain resources and information about not only what services Military OneSource offers, but also the employers within MSEP," Delgado said.

Delgado said there are more than 450 partner companies with MSEP.

"Our local partners like Lowes, Wal-Mart, AT&T and Navy Federal, to name a few, were contacted by Military OneSource and MSEP to not only put on a great display and sessions over this expo, but also conduct a follow-on virtual hiring event Wednesday," she said.

Each expo is tailored to meet the needs of the installation, Delgado said.

"They're held across the Department of Defense, so any isolated or remote installation will have the ability to be online for these events which can meet challenges that are associated with military spouse careers," she said. "We have fantastic breakout sessions which include federal application, resumes and self-care. The spouses are getting a well-rounded program, not only on how to take care of career challenges, but also how to take care of themselves."

The morning's panel included representatives from Amazon, the Army and Air



*Stacey Delgado, Fort Polk Employment Readiness Program manager, facilitates the virtual Military Spouse Career Empowerment Expo held March 4.*

CHUCK CANNON/GUARDIAN

Force Exchange Service, Veteran's Affairs and Google.

"Amazon and Google spoke about opportunities to work from home," Delgado said. "Many of our spouses at Fort Polk would like to work from home due to local employment challenges, and a reluctance to make a long commute to either Alexandria or Lake Charles."

Shaina Medina, whose husband, Capt. Kenneth Medina, is company commander of Headquarters and Headquarters Company, 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, said she attended not only to garner information for herself, but also for other spouses in her husband's command.

"I have a job, but I'm attending this to get the information out to my company, and for future opportunities when I move," she said. "This is great information about the companies that will specifically hire military spouses and veterans. They're providing links to those companies, and how to work with those companies' HRs."

As a follow-on to the expo, there will be an MSEP virtual job fair Wednesday. Participants can log in and talk to employers and learn where to send resumes.

Please see **Expo**, page 11

## Nuclear Medical Science Officer reflects on her career

BY MICHELLE THUM

Public Health Command Europe

LANDSTUHL, Germany — In March, the world celebrates the vital role of women throughout history.

Maj. Jodi Santiago, chief of health physics at Public Health Command Europe, knew from an early age that she wanted to work with radiation in medical imaging.

“My seventh grade science teacher brought up something about X-rays and I just thought it was so cool,” explained Santiago. “I went to school to become an x-ray technician and after that I was like, ‘now what?’

“I joined the Army in the 80s after watching the movie *Private Benjamin*,” she said. “The Army seemed like a personal challenge and I thought, ‘if *Private Benjamin* can do it, I can do it.’”

Initially, Santiago wanted to be in the Army Reserves, but this changed quickly after talking to a recruiter.

“I realized that I could do what I really like to do, but just for a different employer and have an opportunity to travel,” she said. “I was sold.”

She joined in her early 20s as an X-ray technician and “was a little older than some of the other folks” because of her time at college prior to enlisting.

This was a huge advantage because she participated in stripes for skills and rose through the ranks quickly, gaining more experience and responsibilities in a short time, she said.

“One of the jobs as an X-ray tech is to help physicists to survey equipment such as X-ray machines,” she says. The more she learned about her career field, the more interested she became in anything to do with radiation.

While stationed in Puerto Rico, a nuclear medical science officer who serviced X-rays came to her unit and they started talking. Soon after, that she pursued an opportunity to go to Nuclear Medicine School and earn her bachelor’s degree.

“When I got my degree in medical imaging, I had to make a decision,” she said, “As a master sergeant all my work was administrative, I wanted to focus on X-rays but I wasn’t working with patients anymore.”

She asked herself if she wanted to contin-

ue working on something she was not passionate about, or to start all over again as a new NMSO.

Santiago decided to pursue her dream and switched from green to gold.

“I was direct commissioned as a nuclear medical science officer with the advantage of almost 18 years of experience in radiation as a previous X-ray tech,” Santiago said.

As a NMSO, she is responsible for providing radiation protection and consultation on radiological issues to protect and defend Soldiers and their families from chemical, biological, radiological and nuclear threats.

If an incident occurs the health physics team is notified and performs a contamination survey by taking samples, investigating them, identifying the problem and mitigating it.

Her team works behind the scenes to “make sure that our medical, dental and vet facilities are safe from all hazards associated with radiation because there can be multiple sources of radiation used in these facilities for diagnosis and treatment of patients,” said Santiago. Their job is to ensure the safe use of radiation sources.

During the first gulf war, Santiago deployed with the 8th Evacuation Hospital out of Fort Ord, California, as an X-ray technician for six months.

“We saw patients, we helped people and we did some interesting work there that you don’t have the chance to do in a regular hospital,” said Santiago. “It’s a great feeling to know that I’m part of world history.”

“It was such a good feeling coming home to see how proud my mother was of the work I had done. At first she wasn’t thrilled that I joined the Army, so seeing that change was great.”

Santiago said that if she could offer some advice to her younger self she would say, “Don’t cut yourself short. Any chance that you don’t take is already a failure.”

According to Santiago, she has been fortunate that each time she closed one door in her life, another door opened.

The Army offered her a variety of assignment and opportunities she would not have had in the civilian sector.

In 2011 she provided support to Operation Tomodachi following the devastating earthquake and tsunami in Japan.

These events caused severe damage to



Santiago

the Fukushima Daiichi Nuclear Power Station, which resulted in the release of radiation into the environment.

“As part of the response team, I was there 30 days, boots on the ground and putting my skills to use,” said Santiago. “Just short of an actual nuclear weapons denotation this was probably a once in a lifetime opportunity for my career field.”

In her current role as the chief of health physics at PHCE, she fills several mission critical roles such as assisting hospitals, field units and conducting contamination surveys.

“In radiation safety and health physics, we plan for the worst-case emergency and hope it never happens,” said Santiago.

She is the lead of the Radiological Advisory Medical Team for the United States European Command.

If a radiological or nuclear emergency occurs in Europe, Africa or the Middle East she and her team will advise the incident commander on how to treat radiological casualties.

“I didn’t even know those doors were there until I tried something new. I think that’s one thing that has propelled my career. I started out just enlisting for six years to get the GI bill, and now I’m still here 31 years later.”

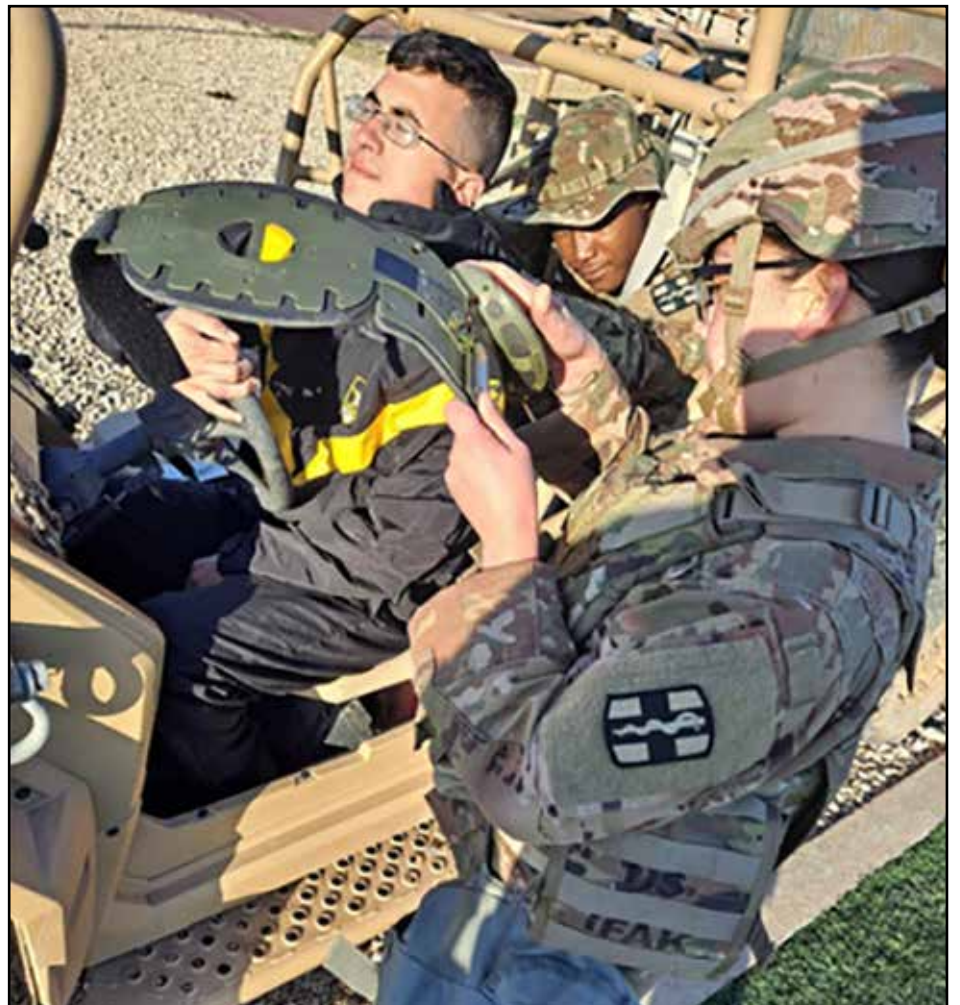
# Fort Polk warfighters hone skills during deployment

## Guardian Staff

FORT POLK, La. — Task Force Medical 32 (of the 32nd Hospital Center, currently deployed) conducted an Army Warrior Tasks competition in February.

The competition served as the culminating event capturing aspects of the monthly training that was held throughout the deployment.

Thank you to all Fort Polk's Soldiers currently deployed in service to the country.



# BJACH conducts combat medic qualification training

By JEAN CLAVETTE GRAVES  
BJACH Public Affairs Officer

FORT POLK, La. — Bayne-Jones Army Community Hospital provided combat medic Military Occupational Specialty qualification training to installation Soldiers, U.S. Army recruiters, and the Louisiana National Guard this week at the Joint Readiness Training Center and Fort Polk.

According to the U.S. Army Training Circular TC8-800, Medical Education and Demonstration of Individual Competence, Soldier medics must meet complete emergency medical technician recertification annually.

Training includes individual tasks such as identification and treatment of trauma, airway, intravenous access and medication administration, medical, triage and evacuation, force health protection, obstetrics, gynecology and pediatrics. The seven-day training culminates in the skills validation trauma lane.

Staff Sgt. Cameron Reeves, non-commissioned officer-in-charge, BJACH hospital education department, conducts the training each month for medics across the installation and beyond.

Reeves said all medics are certified emergency medical technicians who must recertify annually with the National Registry of Emergency Medical Technicians and the U.S. Army.

"The training is seven days long, required to be completed each year before the end of March," he said. "We offer the training and certification to any 68W who wants to attend. At the end of the week, I give them a full EMT assessment and trauma scenario."

Reeves said there are between 300 and 350 combat medics assigned to Fort Polk. He works with every unit on post to ensure medics get the training they need.

"BJACH is the only organization on post certified to conduct this training," he said. "I have 33 Soldiers participating in training this week. Recruiters from Mississippi, Texas and California, National Guard and medics from every unit on post."

Sgt. 1st Class Sidney Pirtle, a 68W and recruiter assigned to the Pleasant Hill Recruiting Center near Oakland, California, said he could have taken this training at another military treatment facility but chose to come to Fort Polk because he was stationed at BJACH before his recruiting assignment.

"I've recruited two 68Ws so far. Medicine is always changing and evolving so it's a career that will never grow old," he said.



*Spc. Joseph Carrasco, 50th Military Working Dog Detachment, 519th Military Police Battalion and Staff Sgt. Kelli Tittle from the Fort Polk Veterinary Treatment Facility explain how to check the pulse on Chantal, a military working dog, to Sgt. 1st Class Gregory Gillen, 317th Engineer Battalion during the Emergency Medical Technician training conducted by the Bayne-Jones Army Community Hospital Education Division at Fort Polk Feb. 26.*

"It's been a great opportunity to return to Fort Polk for this training to catch up with colleagues I was stationed with. I knew Staff Sergeant Reeves would have the best, most realistic training because he incorporates medics from different units who bring a variety of perspectives and experiences to the training."

Sgt. 1st Class Terrance Richey, NCOIC of the Soldier Center Medical Home, said he looks forward to refreshing his skills and EMT training each year.

"This is a perishable skill, as medics we are in a profession that requires continual training and annual recertification," he said. "This has been one of the better classes that I have attended. The coordination and execution of this training has been exceptional."

Sgt. Jareema Donaldson, Army Medical Department physician recruiter, Houston, Texas, said she has taken the training at Brooke Army Medical Center, Joint Base Sam Houston and Carl R. Darnall Army Medical Center, Fort Hood, Texas but decided to take the training at Fort Polk this year because she was stationed here from 2014-2018.

"The training has been excellent. It has



*Sgt. 1st Class Sidney Pirtle, Pleasant Hill, Calif. Recruiting Station, is placing a needle chest decompression into the chest of a simulated casualty to relieve a tension pneumothorax (collapsed lung) during the Table VII validation during the Emergency Medical Technician training conducted by the Bayne-Jones Army Community Hospital Education Division at Fort Polk March 1.*

incorporated changes to regulatory guidelines and new equipment," she said. "I was excited to do the K9 Tactical Trauma Care because I've never done that before and it's always great to learn something new."

Donaldson said Fort Polk is a special place for her. Her first assignment was with 710th Brigade Support Battalion, 3rd Brigade Combat Team and she knew the training would be in line with the reputation of premier training offered at a combat training center.

Next week Reeves is working with 3rd Brigade Combat Team by providing unit specific training to ensure their medics are recertified and trained to standard before their upcoming JRTC rotation.

The Hospital Education and Staff Development team at BJACH offers a variety of continuing education training and certifications for medical professionals in addition to EMT training. To register for a class or set up training for your unit email the department at [usarmy.polk.medcom-bjach.list.hesd@mail.mil](mailto:usarmy.polk.medcom-bjach.list.hesd@mail.mil).

# Patient advocates: Resource for patient concerns

By JEAN CLAVETTE GRAVES  
BJACH PAO

FORT POLK, La. — According to the Merriam-Webster dictionary, an advocate is a person who pleads the cause of another, who defends or maintains a cause or proposal and supports an interest or group. Bayne-Jones Army Community Hospital has two patient advocates who are there to assist, educate and champion Soldiers, Families and beneficiaries regarding their health-care concerns.

According to the BJACH website, the patient advocate serves as a link between patients and hospital leaders at all levels. They offer education and information regarding policies, procedures, systems and concerns about care and safety within the hospital. Patient advocates help patients navigate the military health-care system and serve as liaisons between beneficiaries, clinics, the pharmacy, laboratory, managed care, Tricare and off post agencies.

Mary Jeane, BJACH patient advocate, said her role is to serve as a direct link to leadership in the hospital at all levels. She said her primary function is to listen because often patients don't feel like their concerns are being heard.

"By providing a listening ear, I can help discern the root cause of an issue and recommend solutions," she said. When problems arise, she suggests the first step patients take is to elevate their concerns to the clinic non-commissioned officer or officer in charge. Often the issue can be resolved immediately.

Jeane said her office also manages the Interactive Customer Evaluation for BJACH.

"ICE is another way for patients to have their concerns heard and addressed by leadership," she said. "It is important for Soldiers and Families on Fort Polk to know we call everyone who completes an ICE card and leaves their contact information."

If you have an issue the link to the ICE site is [https://ice.disa.mil/index.cfm?fa=site&site\\_id=257](https://ice.disa.mil/index.cfm?fa=site&site_id=257).

She said the hospital commander and providers want to get to the bottom of the problem, but an issue is unknown until it is brought to their attention.

"It doesn't even have to be a problem," Jeane said. "Patients often come to us be-

cause they don't know where to go, who to talk to or how to make things happen for themselves or their dependents within the health-care system."

She said patient advocates help patients navigate how a military treatment facility operates because it is different than health care in the civilian sector.

Laura Brown, also a patient advocate for BJACH, said patients have the right to be treated with dignity. It's important that ad-

vocates take the time to understand concerns regarding patient health.

"What I enjoy most about working in this office is we listen first, figure out where they are in the process and then meet them there to address the situation," she said. "Sometimes we have to educate the patient on the procedure.

With emotions running high, patients may miss part of what the providers have conveyed."

Brown said the patients' perception is their reality.

"We recognize and acknowledge their feelings then we help them sift through all the information and find solutions," she said.

Brown said often a communication breakdown complicates and exacerbates the pre-

dicament.

"When patients are given so much information when they aren't feeling well or while in a heightened emotional state it is easy to miss something," she said.

Jeane said advocates always investigate the complaint or concern.

"Then we determine exactly what the person needs and help them make follow up appointments, get labs, referrals ... sometimes it's just a matter of making a few phone calls and reviewing their previous encounters to resolve the situation or get the patient the outcome they desire," she said.

Jeane said sometimes a patient will present themselves at the emergency room because of symptoms they are experiencing at the time.

The emergency room is for life and limb emergencies, not for chronic concerns. What patients often forget is the follow up appointment with their primary care manager.

"It is our job to help patients navigate the system and get the services they need. Let us serve you. Your voice is important to us," she said. "We want our patients to leave the hospital and feel like they have been taken care of."

Editor's note: To reach the BJACH Patient Advocates call (337) 531-3628, (337) 531-3880, (337) 718-6868 or send an email to [usarmy.polk.medcom-bjach.list-patient-advocate@mail.mil](mailto:usarmy.polk.medcom-bjach.list-patient-advocate@mail.mil).

*"By providing a listening ear, I can help discern the root cause of an issue and recommend solutions."*

*Mary Jean  
Patient Advocate*



# OSJA awards breakfast celebrates concept of people first

By **ANGIE THORNE**  
Public affairs specialist

FORT POLK, La. — Fort Polk's Office of the Staff Judge Advocate hosted an awards breakfast for its staff March 3 at the Showboat Theater.

Col. Tiffany Chapman, Fort Polk staff judge advocate, said the breakfast was part of an effort to put people first.

"We wanted to acknowledge our staff for all their hard work and dedication," she said.

Lt. Col. Jess Roberts, deputy staff judge advocate, said the awards breakfast was all about thanking their staff of 58 legal professionals.

"Our law firm handles all the administrative and military justice actions on Fort Polk. If it's a legal matter, it comes through our office," he said. "I'm amazed at all the contracts they handle. Over the last two years the law firm's contract division has handled half a billion dollars worth of contracts," he said.

Roberts said in addition to contracts, they continue to handle other duties such as assisting Families during some of the toughest times of their lives.

"Not many law firms our size could handle that amount and scope of work."

Roberts said the OSJA staff is proud of the impact they have on Fort Polk and beyond.

"Our legal team is honored to support the Soldiers and Families of Fort Polk," he said.

Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, opened the awards ceremony with a few words and presented some awardees with coins.

Doyle said it was a great honor for him to be there.

"Though we are here to recognize a few specific individuals, they are emblematic of what you do as an organization to keep JRTC and Fort Polk running the way it should, he said. "You help people every day by making a difference for the team that is trying to put 'people first' in everything that we do. Thanks for your dedicated and committed work."

Phyllis Lenz, paralegal specialist, was presented with a civilian honorary award at the event.

"My job has been the biggest blessing. It's been my pleasure to serve Soldiers, retirees and their Families for 46 years," she said.

Lenz said this last year has been pretty challenging, but for most of her career she



*Col. Tiffany Chapman, Fort Polk staff judge advocate, presents Phyllis Lenz, paralegal specialist, with a civilian honorary award at the Office of the Staff Judge Advocate awards breakfast held March 3 at the Showboat Theater.*

ANGIE THORNE/GUARDIAN



*After the awards portion of the event concluded, attendees formed a line at a breakfast buffet March 3 at the Office of the Staff Judge Advocate awards breakfast.*

would have been happy to pay the government to come into work every day.

"I love my job," she said.

Lenz said she isn't used to being in the spotlight and is the type of person who likes to stay behind the scenes.

"That doesn't mean I don't appreciate receiving this award and the recognition that what I do matters. If I can put a smile on the face of just one person that walks through our doors, I feel like I have made a difference and that makes me happy," she said.

Cpl. Samantha Corado, paralegal specialist, 317th Brigade Engineer Battalion, 3rd Brigade Combat Team, 10th Mountain Division, said she handles legal issues for her unit as well as the 2nd Battalion, 4th Infantry Regiment, 3rd BCT, 10th Mtn Div.

Corado was presented with a coin at the awards ceremony.

"I'm proud of the work I do and I'm honored they chose to recognize me today," she said.



*Brig. Gen. David S. Doyle, Joint Readiness Training Center and Fort Polk commanding general, presents a coin to Cpl. Samantha Corado, paralegal specialist, 317th Brigade Engineer Battalion, at the Office of the Staff Judge Advocate awards breakfast March 3.*



# Punishment dispensed to Soldiers with UCMJ violations

## OSJA

FORT POLK, La. — The preamble to the Manual for Courts-Martial states, “The purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment and thereby strengthen the national security of the United States.” At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously.

Across Fort Polk, the following disciplinary issues continue to be prevalent: General Order #1 violations, driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, sexual assault and underage drinking. Below are recent examples of adverse legal

actions for units within the Fort Polk jurisdiction.

- A sergeant, assigned to 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division, was issued a General Officer Memorandum of Reprimand for touching another service member without the individual’s consent and for exposing himself in an indecent manner to the service member, in violation of Article 120, Uniform Code of Military Justice.

- A sergeant, assigned to Joint Readiness Training Center Operations Group, was issued a GOMOR for domestic abuse, in violation of Article 128b, UCMJ.

- A sergeant, assigned to 46th Engineer Battalion, was punished under Article 15 for failing to report to his appointed place of duty on three separate occasions, in violation of Article 86, UCMJ. The Soldier was sentenced to a reduction to specialist;

forfeiture of \$1,356 pay per month for two months, suspended, to be automatically remitted if not vacated within 180 days; and extra-duty for 30 days.

- A specialist, assigned to 519th Military Police Battalion, was issued a GOMOR for driving while under the influence with a breath alcohol content of 0.153%, an amount above the legal limit, in violation of Article 92, UCMJ.

- A specialist, assigned to 1st Battalion (Airborne), 509th Infantry Regiment, was separated under Chapter 14-12c (Commission of Serious Offense) for engaging in abusive sexual conduct with an individual without the individual’s consent. The Soldier was issued a General under Honorable conditions characterization of service and a bar to post. Generally, this characterization of service results in the loss of a service member’s educational benefits.

## Get ready to update — new IPPS-A is coming

### Army Team,

I need you to update your personnel records.

In December, the entire force will transition to a new human resources and pay system, the Integrated Personnel Pay System — Army (IPPS-A).

IPPS-A will become the focal point for all HR activities across the force. For the first time ever, personnel, pay and talent management capabilities will be integrated into a single online system for 1.1 million users across all three components.

IPPS-A will also introduce a talent management feature known as the 25 Point Soldier Talent Profile. Each Soldier’s profile will provide information about their knowledge, skills, behaviors and experience, which will help the Army make better-informed talent decisions.

These innovative capabilities will bring Army HR into the 21st century, but we need your help to ensure the system’s success in December.

Everyone should review their personnel records in our legacy HR systems to make sure they are accurate and up to date.

Avoid inconveniences and hardships later by taking the following steps now:

### MESSAGE

- Review personnel records on Defense Manpower Data Center (<https://milconnect.dmdc.osd.mil/milconnect/>).

- Check Soldier Record Brief / Officer Record Brief (<https://www.hrc.army.mil/>).

- Review Army Training Requirements and Resources System Training Transcript for accuracy and resolve any missing training records (<https://www.atrrs.army.mil/selfdevctr/login/loginSDC.aspx?ntul=ST>).

- Follow this link ([https://ipps-a.army.mil/wp-content/uploads/SoldierSelfServiceDataGuide\\_May20\\_v1.pdf](https://ipps-a.army.mil/wp-content/uploads/SoldierSelfServiceDataGuide_May20_v1.pdf)) for a guide that details exactly what information you need to check in each legacy system.

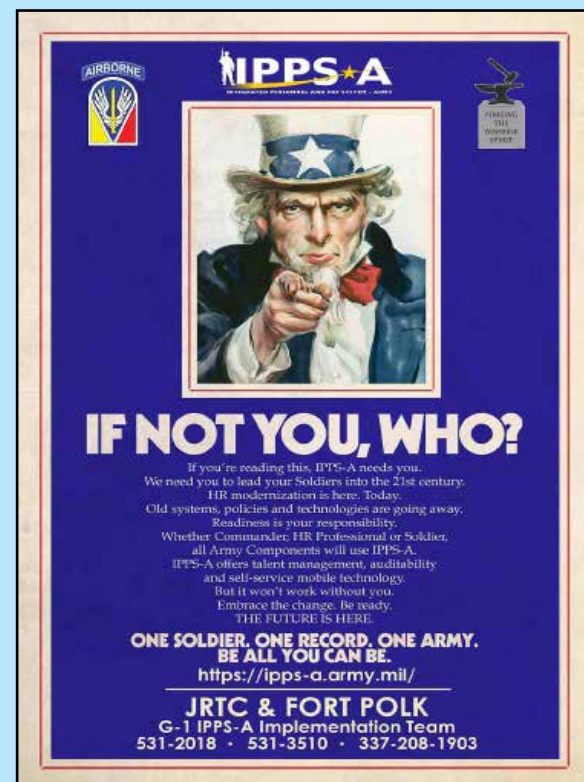
Seek help from your local Records Manager or HR Professional if your information is incorrect or incomplete. Let’s ensure the transition to IPPS-A in December is successful.

Sergeant Major of the Army,  
Michael A. Grinston

For more information about IPPS-A visit the website at <https://ipps-a.army.mil/>.

You can also find IPPS-A on Twitter, Facebook, Instagram, YouTube and LinkedIn.

- IPPS-A, FMD — <https://ipps-a.army.mil/>



- IPPS-A Facebook — <https://www.facebook.com/armyippsa>
- IPPS-A YouTube — <https://www.youtube.com/c/IPPSA>
- IPPS-A Instagram — [@usarmy\\_ippsa](https://www.instagram.com/usarmy_ippsa)
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- IPPS-A Podcast — Apple, Google, Spotify, Stitcher, Castbox

# HST team preps engineers for JRTC rotation 21-06

By CHUCK CANNON  
Command Information Officer

FORT POLK, La. — Instructors for Fort Polk's Emergent Threat, Training and Readiness Capability — ET2RC — Home Station Training team began training combat engineers in preparation for Joint Readiness Training Center Rotation 21-06 March 3.

The virtual training was conducted via MS Teams with members of the 961st Engineer Company, part of the Ohio Army Reserve, during the unit's annual training at Camp Atterbury, Indiana.

The 961st will provide brigade-level assistance to Fort Polk's 3rd Brigade Combat Team, 10th Mountain Division (Airborne) during Rotation 21-06 in April.

Dan Walsh, threat mitigation trainer for U.S. Army Reserve Command, said the training, entitled Obstacle Classification and Planning, teaches the engineers what constitutes an obstacle and the different types of obstacles.

"We'll teach them how to develop obstacles, and do it better," Walsh said.

John Patterson, site lead for the HST team at Fort Polk, said the "so what" of the virtual training was that the training was done before the rotation.

"Dan and Larry (Driscoll an HST team trainer) are conducting the training on behalf of JRTC Operations Group, Task Force 5, and they're doing pre-rotational training using a distributive learning platform," Patterson said. "The virtual training is a game changer because the unit does not have to be on the ground to start the training, whereas a year ago, units would come down here and try to crunch in all the training they could during Reception, Staging, Onward-movement and Integration. Now they are able to get it done using distant learning virtual training before their arrival.

It helps them learn how they tie in to the rotation."

Driscoll said the idea is reach out through virtual training and distance training to engage units before the rotation.

"We take some of the stress off of the units during the RSO&I phase of rotation," Driscoll said. "That was the mandate we re-



1st Lt. Jonathan Fife, Ohio Army Reserve 961st Engineer Company, instructs Soldiers on Emergent Threat, Training and Readiness Capability in preparation for Joint Readiness Training Center Rotation 21-06.

CHUCK CANNON/GUARDIAN

***"The virtual training is a game changer because the unit does not have to be on the ground to start the training."***

**John Patterson**  
HST site lead

ceived from Lt. Col. Larry Workman, lead OC/T for Task Force 5, that we try to get training done earlier to take stress off commanders. Additionally, it gets them thinking and moving in the right direction."

Walsh said he has reached out to Reserve and National Guard units before rotations to get them interested in the training prior to the 30-day window before deployment.

"It's been paying off dividends," he said. "That way they can build their train-up plan prior to coming to

JRTC and implement this material into it so when they get here, we're not taking up so much of their time. They will not have to do repetitions of things they have already trained on. They have the concept; all they have to do is the tuning."

Following the virtual class work, the 961st Engineers were able to put what they learned into practice during a field exercise at Camp Atterbury.

Two HST team instructors — Chuck Woods from Fort Campbell, Kentucky, and

Anthony Spicer from Fort Knox, Kentucky — each worked with a platoon reinforcing what was learned during the virtual class.

Driscoll said Army engineer units need a lot of work in defensive operations.

"We're not where we need to be," he said. "Engineers are not the primary ground fighters involved in the defense as combatants. What they do is go in and build the arena — in terms of counter-mobility and reinforcing and shaping terrain — to force a specific effect on an enemy unit. Whether that comes down to shaping effects or killing effects, the outreach permits us an opportunity to guide them in their selections."

Tuesday and Wednesday, the Fort Polk ET2RC HST team will train engineers with Alpha Company, 317th Brigade Engineer Battalion, 3rd BCT, 10th Mtn Div (Airborne). The event will include classroom and field training.

During the RSO&I for Rotation 21-06, the HST team will be able to answer questions the engineers may have.

During the rotation, the HST team will also be available, along with Task Force 5 OC/Ts, to guide the engineers.

*Editors note: This is part one of an ongoing series.*




**EMPLOYMENT READINESS PROGRAM**

**Military Spouse Owned Home-Based Business Event**

SUPPORT MILITARY SPOUSE OWNED HOME-BASED BUSINESSES  
FIRST SATURDAY OF THE MONTH FROM 0900-1200  
OLD COMMISSARY PARKING LOT

FEB 6  
MAR 6  
APR 3  
MAY 1  
JUN 5  
\*\*WEATHER PERMITTING

To become a Home-Based Business and participate in these events please contact  
Employment Readiness Program, (337) 531-6922  
or email  
stacey.r.delgado.civ@mail.mil  
Packets are available on the JRTC and Fort Polk website





**EFMP** Exceptional Family Member Program

**Parent Positivity Virtual Workshop**  
March 12 | 10am

20 Things Every Parent of Kids With Special Needs Should Know

Learn to make a St. Patrick's Day Craft



ARMY COMMUNITY SERVICE  
**ACS**  
Real-Life Solutions for Successful Army Living

[www.facebook.fort.polk.efmp](http://www.facebook.fort.polk.efmp)

# Expo

Continued from page 3

“You do not have to attend today’s sessions to participate on March 10,” Delgado said.

Fort Polk’s Directorate of Family Morale, Welfare and Recreation will host an off-post job fair March 13 for DFMWR non-appropriated fund positions. Also, the Fort Polk ERP will host its first in-person job fair this year for spouses on March 24. As of now, there are several local companies who will attend the in-person job fair. Two years ago more than 30 jobs were offered to spouses on the day of the event. There will also be information on educational opportunities.

“This is a great event,” Delgado said. “I hope spouses are able to gather information that is helpful to them, not only from the Employment Readiness Program, but also from Military OneSource, and learn what MSEP can do. Those are companies that of-

fer portable careers — they can move from installation to installation — and they have upward mobility.”

The March 4 virtual expo was scheduled for March 21, 2020, but rescheduled for the fall due to COVID-19 issues. The program was rescheduled again for March 4 when Fort Polk suffered back-to-back hurricanes. It almost had to be delayed again when a snow and ice storm hit Fort Polk Feb. 15-18

“That we were able to host this expo was a testament to the perseverance of those responsible for pulling it together,” Delgado said.

The March 13 off-post job fair is held from 10 a.m.-1 p.m. at Johnson Temple Church of God in Christ, 200 Nona St., Leesville. Call 531-6922/7421 for more information. For more information on the March 24 job fair, call Stacey Delgado at 531-6922.



CHUCK CANNON/GUARDIAN

Shaina Medina, spouse to Capt. Kenneth Medina, Headquarters and Headquarters Company, 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division company commander, said she attended the expo to garner information for herself and the spouses in her husband’s command.

## Taxpayers must report gig economy income on returns

OSJA

FORT POLK, La. — In 2020, many people joined the gig economy to help make ends meet during the pandemic. Whether it's a side business or a primary source of income, all taxpayers need to understand how their gig work affects their taxes. The bottom line is taxpayers must report gig economy income on their tax return.

The gig economy is also referred to as the on-demand, sharing or access economy. People involved in the gig economy earn income as freelancers, independent workers or employees.

They use technology known as online platforms to connect them with customers to provide goods or services including things like renting out a home or spare bedroom and providing delivery services.

Here are some things taxpayers should know about the gig economy and taxes:

- Money earned through this work is usually taxable.
- There are tax implications for both the company providing the platform and the individual performing the services.
- This income is usually taxable even if the:
  - Taxpayer providing the service doesn't receive an information return, like a Form 1099-NEC, Form 1099-MISC, Form 1099-K, or Form W-2.
  - Activity is only part-time or side work.
  - Taxpayer is paid in cash.
- People working in the gig economy

9595		<input type="checkbox"/> VOID <input type="checkbox"/> CORRECTED		OMB No. 1545-0115	
PAYER'S name, street address, city or town, state or province, country, ZIP or foreign postal code, and telephone no.		1 Rents	\$	2018	Miscellaneous Income
		2 Royalties	\$		
		3 Other income	\$		
PAYER'S TIN		RECIPIENT'S TIN		4 Federal income tax withheld	Copy A For Internal Revenue Service Center
				\$	
RECIPIENT'S name		5 Fishing boat proceeds	\$	6 Medical and health care payments	File with Form 1096. For Privacy Act and Paperwork Reduction Act Notice, see the 2018 General Instructions for Certain Information Returns.
Street address (including apt. no.)		7 Nonemployee compensation	\$	8 Substitute payments in lieu of dividends or interest	
City or town, state or province, country, and ZIP or foreign postal code		9 Payer made direct sales of \$5,000 or more of consumer products to a buyer (recipient) for resale <input type="checkbox"/>	\$	10 Crop insurance proceeds	
		11	\$	12	

are generally required to pay:

- Income taxes.
- Federal Insurance Contribution Act or Self-Employment Contribution Act tax.
- Additional Medicare taxes.
- Independent contractors may be able to deduct business expenses. These taxpayers should double check the rules around deducting expenses related to use of things like their car or house. They should remember to keep records of their business expenses.
- Special rules usually apply to rental property also used as a residence during the tax year. Taxpayers should remember that rental income is generally fully taxable.
- Workers who do not have taxes withheld from their pay have two ways to pay their taxes in advance.

Here are these two options:

- Gig economy workers who have another job where their employer withholds taxes from their paycheck can fill out and submit a new Form W-4. The employee does this to request that the other employer withholds additional taxes from their paycheck.
- This additional withholding can help cover the taxes owed from their gig economy work.
- The gig economy worker can make quarterly estimated tax payments. They do this to pay their taxes and any self-employment taxes owed throughout the year.
- If you have any questions, please contact the Fort Polk Installation Tax Center at 531-1040. If you want to make an appointment with a legal assistance attorney call 531-2580.

## Fort Polk hosts first 2021 Army 10-Miler qualification

By CHUCK CANNON  
Command Information Officer

FORT POLK, La. — Anton Majewski, a Soldier with Fort Polk's 433 Medical Detachment, 115th Field Hospital, 32nd Hospital Center posted the top time in an Army 10-Miler qualification race March 5 at the installation's Marion Bonner Trail.

Majewski's time of 1:05 topped those posted by Kaleb Bartlett (1:09), Delta Company, 2nd Battalion, 4th Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division, and Jacob Maddox (1:11), Charlie

Battery, 5th Battalion, 25th Artillery Regiment, 3rd BCT, 10th Mtn Div.

Cristal Falcon, 433rd Med Dt, finished in 1:27 to claim the top spot among female runners.

Although the cool morning temperatures and low humidity favored the runners, they agreed the winding, hilly Marion Bonner Trail course presented its own set of challenges.

"With the hills, it's a pretty big gut check, but you've got to push through," Bartlett

Please see **Run**, page 15



**Kaleb Bartlett**

# IRS extends upcoming deadlines for some states due to winter storms

OSJA

FORT POLK, La. — Victims of February's winter storms in Texas, Louisiana and Oklahoma will have until June 15 to file various individual and business tax returns and make tax payments. Following the recent disaster declaration issued by the Federal Emergency Management Agency, the Internal Revenue Service is providing this relief.

Taxpayers impacted by the winter storms that receive FEMA disaster declarations will automatically receive the same filing and payment relief.

The tax relief postpones various tax filing and payment deadlines that occurred starting Feb. 11. As a result, affected individuals and businesses will have until June 15 to file returns and pay any taxes that were originally due during this period. This includes 2020 individual and business returns normally due on April 15, as well as 2020 business returns due on March 15. Affected taxpayers will also have until June 15 to make 2020 IRA contributions.

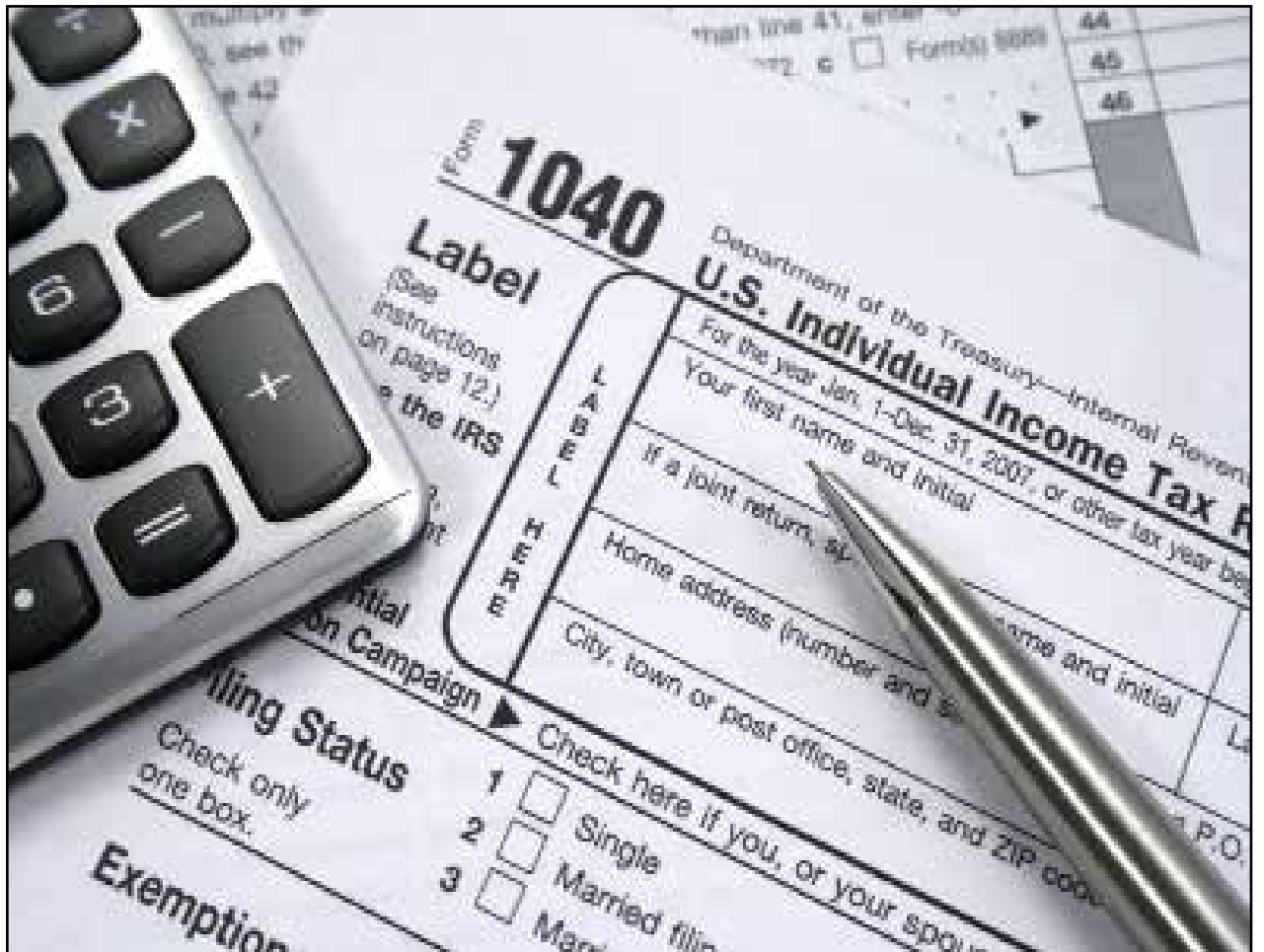
The June 15 deadline also applies to quarterly estimated income tax payments due April 15, quarterly payroll and excise tax returns normally due April 30 and tax-exempt organizations, operating on a calendar-year basis, that have a 2020 return due May 17.

The IRS automatically provides filing and penalty relief to any taxpayer with an IRS address of record located in the disaster area.

Therefore, taxpayers do not need to contact the agency to get the relief. However, if an affected taxpayer receives a late filing or late payment penalty notice from the IRS that has an original or extended filing, payment or deposit due date falling within the postponement period, the taxpayer should call the number on the notice to have the penalty abated.

In addition, the IRS will work with any taxpayer who lives outside the disaster area, but has records located in the affected area necessary to meet the deadline occurring during the postponement period. Taxpayers qualifying for relief who live outside the disaster area need to contact the IRS at (866) 562-5227. This also includes workers assisting the relief activities who are affiliated with a recognized government or philanthropic organization.

Individuals and businesses in a federally declared disaster area who suffered uninsured or unreimbursed disaster-related losses can choose to claim them on either



the return for the year the loss occurred (in this instance, the 2021 return normally filed next year), or the return for the prior year. This means that taxpayers can, if they choose, claim these losses on the 2020 return they are filling out this tax season.

The tax relief is part of a coordinated fed-

eral response to the damage caused by these storms and is based on local damage assessments by FEMA. If you have any questions, you may call the Fort Polk Installation Tax Center at 531-1040 or schedule an appointment with a legal assistance attorney by calling 531-2580.

## SAFETY CORNER

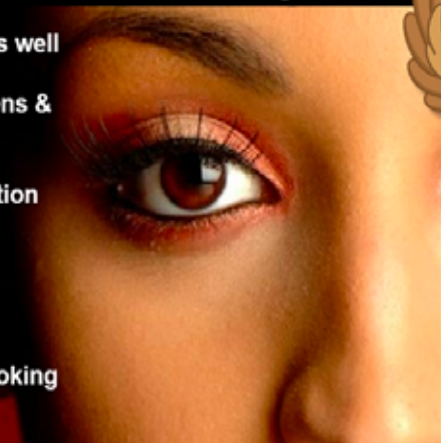


### WORKPLACE EYE WELLNESS

STAY "FOCUSED" ...PROTECT YOUR EYES



- Ensure your eye protection fits well
- Use appropriate guards, screens & other safety devices
- Choose the proper eye protection for the job
- Replace worn or damaged equipment
- Avoid prolonged periods of looking at computer or other screens



BE WISE



PROTECT YOUR EYES

# Check out fun, informative ACS events in March

## ACS

FORT POLK, La. — Fort Polk's Army Community Service Outreach Program is hosting events in March. Whether you are interested in learning some first-aid, jumping into crafts with bottles and Irish themes or working on getting healthy — all while gathering information about ACS resources — check out these events.

• Tuesday at 9, 10 and 11 a.m. — The ACS Outreach Services program has partnered with Bayne-Jones Army Community Hospital to provide a "STOP THE BLEED" event for Family members and civilians at the Family Readiness Center, bldg 924. Maj. Jocelyne Evboumwan, a BJACH emergency department registered nurse, will conduct

the training. Classes are limited to 15 per session. Participants can register for any of the three available sessions.

• Wednesday from 10 a.m.-2 p.m. — join a free bottle art class at ACS, bldg 920. Participants will decorate empty bottles with a St. Patrick's day theme. Those interested in taking part in the fun and arts and crafts event will also be provided with an overview of all ACS resources. The event is limited to 15.

• March 15 from 10-11 a.m. — ACS hosts an Army Wellness Center information class at the FRC, bldg 924. The event provides the Fort Polk community an overview of the services provided by the Wellness Center. Learn about the resources available to Family members and Department of Defense

civilians.

Participants must register for these events. Social distancing will be in effect and masks required. If you don't have a mask or forget yours, masks will be provided. As always, all ACS events are free.

Register by contacting Outreach Services at 531-1895 to reserve your spot or send an email to [yamel.r.munoz.civ@mail.mil](mailto:yamel.r.munoz.civ@mail.mil).

## Got News?

Call the Guardian

at 531-1416



**RIFLE COMPETITION**  
MWR RECREATIONAL SHOOTING RANGE  
4111 CALIFORNIA AVE, FORT POLK

**MARCH 20**  
CHECK-IN 9AM  
COMPETITION 10AM

**CATEGORIES :**  
TEENS 14-18 (PARENTS REQUIRED ON-SITE)  
MALE 19 +  
FEMALE 19 +

**\$100 VISA GIFT CARD**  
TO 1ST IN EA CATEGORY  
**PLAQUES: 1ST, 2ND, & 3RD**

**\$20 PER SHOOTER PRE-REGISTRATION**  
**\$25 PER SHOOTER THE DAY OF EVENT**

(COST ONLY REFUNDABLE IF CANCELTION MADE BEFORE MAR 18)  
PARTICIPANTS: BRING OWN REGISTERED FIREARMS AND AMMO

**337-531-7552**

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JRTC & Fort Polk and MWR invite You for  
a Glowing Match After Dark

# COSMIC GOLF

March 12 & 13  
A One of a Kind Driving Range Experience

**Fees**  
\$ 70/hour for a group of 4  
\$25/hour per person  
\$15/hour for 12 years and under

Tee time Required • Reserve @ **337-531-4661**  
Tee Times Start At **6:30 PM**  
Food Included With All Hourly Deals

**WARRIOR HILLS GOLF COURSE**

1321 Corps Road  
[polk.armymwr.com](http://polk.armymwr.com)

# Run

Continued from page 12

said. "Once you're done, you're done."

Maddox agreed.

"There were a lot of hills, which made it pretty hard, especially coming off of that last one," he said. "I usually sprint across the finish line, but that hill takes it out of you and I just jogged across this one."

Majewski said his goal was to finish as close to 60 minutes as possible.

"Once I got to the halfway point, I figured if I maintained a 6-minute pace, I could run 60," he said. "Towards the end, when we hit the hills, I opened up my stride. It was a hard race."

Majewski, who along with Falcon started 12 minutes after the lead group, said the run took its toll on his feet.

"My feet are a little blistered," he said. "When you're running hills and taking the long strides, your shoes tend to loosen up and your feet can blister. But I fought through it and I'll be OK."

Falcon said this was not her first attempt at a 10-mile run.

"I've done a 10-miler before, so I was used to it," she said. "Today, I wanted to see

where I stood and where I need to work. I was happy, but I need to improve."

Bartlett said he, too, was happy with his time.

"It would have been nice to get 60 minutes, but there's always the next qualification," he said.

The next Army 10-Miler qualifier is scheduled for April 16 at Marion Bonner Trail, next to Bayne-Jones Army Community Hospital, at 6:30 a.m. Call the Directorate of Family Morale, Welfare and Recreation Intramural Sports Office at 531-2056 to pre-register or for more information.



Runners make their start at the first 2021 Army 10-miler qualification at the Joint Readiness Training Center and Fort Polk.



**Anton Majewski**



**Cristal Falcon**



**Jacob Maddox**

# Commander's golf tournament held at Warrior Hills

FORT POLK, La. - The Garrison Commander's Golf Tournament was held at Warrior Hills golf course today.







# Patriot Warrior Restaurant 7 Day Menu

Breakfast: \$3.65; Lunch: \$5.85; Dinner: \$5.10; Brunch: \$6.55; Supper: \$8.00

## Hours of Operation:

Breakfast: 0730-0900; Lunch: 1130-1300; Dinner: 1700-1830;

Brunch: 0930-1300; Supper: 1600-1730.

Open to all military and civilian personnel. 2020 Glory Loop, Building 1162 Fort Polk, LA 71459



08 MAR 21	09 MAR 21	10 MAR 21	11 MAR 21	12 MAR 21	13 MAR 21	14 MAR 21
<p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>Boiled Eggs</li> <li>Scrambled Eggs</li> <li>Omelets</li> <li>Turkey Bacon</li> <li>Oven Fried Bacon</li> <li>Pork Sausage</li> <li>Home Fried Potatoes</li> <li>White Rice</li> <li>Biscuits</li> <li>Asst. Fresh Smoothies</li> <li>Creamed Gravy</li> <li>Creamed Beef</li> <li>Asst. Fruit</li> <li>Pancakes</li> <li>Oatmeal and Grits</li> </ul>	<p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>Boiled Eggs</li> <li>Scrambled Eggs</li> <li>Omelets</li> <li>Turkey Bacon</li> <li>Oven Fried Bacon</li> <li>Pork Sausage</li> <li>Home Fried Potatoes</li> <li>White Rice</li> <li>Biscuits</li> <li>Asst. Fresh Smoothies</li> <li>Creamed Gravy</li> <li>Creamed Beef</li> <li>Asst. Fruit</li> <li>Pancakes</li> <li>Oatmeal and Grits</li> </ul>	<p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>Boiled Eggs</li> <li>Scrambled Eggs</li> <li>Omelets</li> <li>Turkey Bacon</li> <li>Oven Fried Bacon</li> <li>Pork Sausage</li> <li>Home Fried Potatoes</li> <li>White Rice</li> <li>Biscuits</li> <li>Asst. Fresh Smoothies</li> <li>Creamed Gravy</li> <li>Creamed Beef</li> <li>Asst. Fruit</li> <li>Pancakes</li> <li>Oatmeal and Grits</li> </ul>	<p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>Boiled Eggs</li> <li>Scrambled Eggs</li> <li>Omelets</li> <li>Turkey Bacon</li> <li>Oven Fried Bacon</li> <li>Pork Sausage</li> <li>Home Fried Potatoes</li> <li>White Rice</li> <li>Biscuits</li> <li>Asst. Fresh Smoothies</li> <li>Creamed Gravy</li> <li>Creamed Beef</li> <li>Asst. Fruit</li> <li>Pancakes</li> <li>Oatmeal and Grits</li> </ul>	<p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>Boiled Eggs</li> <li>Scrambled Eggs</li> <li>Omelets</li> <li>Turkey Bacon</li> <li>Oven Fried Bacon</li> <li>Pork Sausage</li> <li>Home Fried Potatoes</li> <li>White Rice</li> <li>Biscuits</li> <li>Asst. Fresh Smoothies</li> <li>Creamed Gravy</li> <li>Creamed Beef</li> <li>Asst. Fruit</li> <li>Pancakes</li> <li>Oatmeal and Grits</li> </ul>	<p><b>Brunch</b></p> <ul style="list-style-type: none"> <li>Boiled Eggs</li> <li>Scrambled Eggs</li> <li>Omelets</li> <li>Oven Fried Bacon</li> <li>Pork Sausage</li> <li>Home Fried Potatoes</li> <li>White Rice</li> <li>Biscuits</li> <li>Creamed Gravy</li> <li>French Toast</li> <li>Grits</li> <li>Roast Pork</li> <li>Baked Blackened Salmon</li> <li>Bourbon Chicken</li> <li>Chicken Pot Pie</li> <li>Seasoned 5-Way Veggies</li> <li>Calico Corn</li> <li>Hot Rolls</li> <li>Chicken Gravy</li> <li>Short order</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Soup</li> </ul>	<p><b>Brunch</b></p> <ul style="list-style-type: none"> <li>Boiled Eggs</li> <li>Scrambled Eggs</li> <li>Omelets</li> <li>Oven Fried Bacon</li> <li>Pork Sausage</li> <li>Home Fried Potatoes</li> <li>White Rice</li> <li>Biscuits</li> <li>Creamed Gravy</li> <li>Pancakes</li> <li>Grits</li> <li>Roast Turkey</li> <li>Onion Lemon Baked Fish</li> <li>Rosemary Grilled Pork Chops</li> <li>Herbed Broccoli</li> <li>Cauliflower</li> <li>Hot Rolls</li> <li>Brown Gravy</li> <li>Short Order</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Soup</li> </ul>
<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>Pepper Steak</li> <li>Blackened Salmon</li> <li>Teriyaki Chicken</li> <li>White Rice</li> <li>Pork Fried Rice</li> <li>Oven Baked Potatoes</li> <li>Herbed Broccoli</li> <li>Vegetable Stir Fry</li> <li>Egg Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>Beef Fajitas</li> <li>Mexican Chicken</li> <li>Tamales</li> <li>Baja Fish</li> <li>Refried Beans</li> <li>Oven Glo Potatoes</li> <li>Mexican Corn</li> <li>Herbed Green Beans</li> <li>Jalapeño Cornbread</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>Spaghetti w/ Meatballs</li> <li>Lasagna</li> <li>Chicken Alfredo</li> <li>Hot Italian Sausage</li> <li>Lyonnais Rice</li> <li>Lyonnais Potatoes</li> <li>Seasoned Corn</li> <li>Herbed Cauliflower</li> <li>Garlic Bread</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>Fried Catfish</li> <li>Fried Chicken</li> <li>BBQ Ribs</li> <li>BBQ Chicken</li> <li>Mac &amp; Cheese</li> <li>Wild Rice</li> <li>Collard Greens</li> <li>Corn on the cob</li> <li>Hot Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>Swedish Meatballs</li> <li>Veal Steaks</li> <li>Baked Chicken</li> <li>Buttered Penne Noodles</li> <li>Home Fried Potatoes</li> <li>Fried Cabbage</li> <li>Peas with Mushrooms</li> <li>Hot Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>Pepper Steak</li> <li>Blackened Salmon</li> <li>Teriyaki Chicken</li> <li>White Rice</li> <li>Pork Fried Rice</li> <li>Oven Baked Potatoes</li> <li>Herbed Broccoli</li> <li>Vegetable Stir Fry</li> <li>Egg Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>Pepper Steak</li> <li>Blackened Salmon</li> <li>Teriyaki Chicken</li> <li>White Rice</li> <li>Pork Fried Rice</li> <li>Oven Baked Potatoes</li> <li>Herbed Broccoli</li> <li>Vegetable Stir Fry</li> <li>Egg Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>
<p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>Hamburger Yakisoba</li> <li>General Tso Chicken</li> <li>Basil Baked Cod</li> <li>Parsley Buttered Potatoes</li> <li>Orange Rice</li> <li>Peas and Carrots</li> <li>Succotash</li> <li>Egg Rolls</li> <li>Hot Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>Herbed Baked Chicken</li> <li>Beef Pot Pie</li> <li>Parmesan Fish</li> <li>Paprika Potatoes</li> <li>Rice Pilaf</li> <li>Spinach</li> <li>Marinated Glazed Carrots</li> <li>Hot Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>Chicken Parmesan</li> <li>Lemon Baked Cod</li> <li>Braised Beef</li> <li>Tossed Green Rice</li> <li>Baked Potatoes</li> <li>Oriental Veggies</li> <li>Lima Beans</li> <li>Garlic Bread</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>Szechwan Chicken</li> <li>Pork Adobo</li> <li>Grilled Salmon</li> <li>Oven Glo Potatoes</li> <li>Steamed Rice</li> <li>Cauliflower</li> <li>Green Beans</li> <li>Hot Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>Shepherd Pie</li> <li>Chicken A-la-King</li> <li>Creole Fish</li> <li>Long Grain Wild Rice</li> <li>Mashed Potatoes</li> <li>Calico Cabbage</li> <li>Succotash</li> <li>Hot Rolls</li> <li>Asst. Fresh Smoothies</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Asst. Pizzas</li> <li>Soup</li> </ul>	<p><b>Supper</b></p> <ul style="list-style-type: none"> <li>Orange Honey Glazed Cornish Hens</li> <li>Veal Parmesan</li> <li>Lemon Baked Fish</li> <li>Parsley Buttered Potatoes</li> <li>Buttered Egg Noodles</li> <li>Seasoned Peas and Carrots</li> <li>Creole Summer Squash</li> <li>Hot Rolls</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Soup</li> </ul>	<p><b>Supper</b></p> <ul style="list-style-type: none"> <li>Beef Stew</li> <li>Chicken Bulgogi</li> <li>Mustard Dill Fish</li> <li>Loaded Mashed Potatoes</li> <li>Steamed Rice</li> <li>Succotash</li> <li>Green Beans</li> <li>Hot Rolls</li> <li>Asst. Salads</li> <li>Asst. Desserts</li> <li>Asst. Fresh Fruit</li> <li>Short Order</li> <li>Soup</li> </ul>



Breakfast: \$3.50 AND Lunch: \$5.65

Hours of Operation:

Breakfast: 0730-0900 AND Lunch: 1130-1300

Dinner/Weekends/Holidays: CLOSED

Open to all military and civilian personnel. Alabama Ave, Bldg. 2382 Fort Polk, LA 71459

08 MAR 21

\*\*BREAKFAST\*\*

- BOILED EGGS
- SCRAMBLED EGGS
- TURKEY BACON
- TURKEY SAUSAGE
- PORK BACON
- PORK SAUSAGE
- HOME FRIED POTATOES
- HASH BROWNS
- WHITE RICE
- BISCUITS
- CREAMED BEEF GRAVY
- CREAM GRAVY
- PANCAKES
- FRENCH TOAST
- SYRUP W/ TOPPING
- OATMEAL
- GRITS
- WESTERN OMELET

08 MAR 21

\*\*LUNCH\*\*

- LASAGNA
- GRILLED POLLOCK
- BUTTERED EGG NOODLES
- OVEN-GLO POTATOES
- HERBED GREEN BEAS
- CARROTS AMADINE
- CHICKEN NODDLE SOUP
- HAMBURGER
- HOT DOGS
- CHICKEN TENDERS
- PHILLY STEAK/ PEPPER & ONIONS
- BAKED BEANS
- CHILLI with BEF
- CURLY FRIES
- CHEESE SAUCE
- ASSORTED SALAD
- ASSORTED DESSERT

09 MAR 21

\*\*BREAKFAST\*\*

- BOILED EGGS
- SCRAMBLED EGGS
- TURKEY BACON
- TURKEY SAUSAGE
- PORK BACON
- PORK SAUSAGE
- HOME FRIED POTATOES
- HASH BROWNS
- WHITE RICE
- BISCUITS
- CREAMED BEEF GRAVY
- CREAM GRAVY
- PANCAKE
- FRENCH TOAST
- SYRUP W/ TOPPING
- OATMEAL
- GRITS
- WESTERN OMELET

09 MAR 21

\*\*LUNCH\*\*

- ARROZ CON POLLO
- CHILI-LIME POLLOCK
- FRIED POTATOES & PEPPERS
- SPANISH RICE
- VEGGIE STIR FRY
- STEAM GREEN BEANS
- CREAM OF BROCCOLI
- TACO BAR
- CHICKEN WINGS
- HAMBURGERS
- HOT DOGS
- BAKED BEANS
- CHILLI with BEEF
- CURLY FRIES
- CHEESE SAUCE
- ASSORTED SALAD
- ASSORTED DESSERT

10 MAR 21

\*\*BREAKFAST\*\*

- BOILED EGGS
- SCRAMBLED EGGS
- TURKEY BACON
- TURKEY SAUSAGE
- PORK BACON
- PORK SAUSAGE
- HOME FRIED POTATOES
- HASH BROWNS
- WHITE RICE
- BISCUITS
- CREAMED BEEF GRAVY
- CREAM GRAVY
- FRENCH TOAST
- PANCAKES
- SYRUP W/ TOPPING
- OATMEAL
- GRITS
- WESTERN OMELET

10 MAR 21

\*\*LUNCH\*\*

- FIVE SPICE CHICKEN
- PORK CHOPS /w PINEAPPLE SAUCE
- GARLIC SOY ROASTED POTATOES
- FRIED RICE
- FIVE WAY MIXED VEGETABLES
- STEAMED BROCCOLI
- VEGETABLE SOUP
- CHICKEN TENDERS
- BAKED BEANS
- CHILLI with BEEF
- CURLY FRIES
- CHEESE SAUCE
- ASSORTED SALAD
- ASSORTED DESSERT

11 MAR 21

\*\*BREAKFAST\*\*

- BOILED EGGS
- SCRAMBLED EGGS
- TURKEY BACON
- TURKEY SAUSAGE
- PORK BACON
- PORK SAUSAGE
- HOME FRIED POTATOES
- HASH BROWNS
- WHITE RICE
- BISCUITS
- CREAMED BEEF GRAVY
- CREAM GRAVY
- FRENCH TOAST
- PANCAKES
- SYRUP W/ TOPPING
- OATMEAL
- GRITS
- WESTERN OMELET

11 MAR 21

\*\*LUNCH\*\*

- BBQ SPARERIBS
- GRILLED CHICKEN
- SOUTHERN FRIED CATFISH
- BAKED MAC & CHEESE
- RED BEANS /w RICE
- SOUTHERN FRIED OKRA
- CORN ON THE COB
- GUMBO
- CHICKEN WINGS
- BAKED BEANS
- CHILLI with BEEF
- CURLY FRIES
- CHEESE SAUCE
- ASSORTED SALAD
- ASSORTED DESSERT

12 MAR 21

\*\*BREAKFAST\*\*

- BOILED EGGS
- SCRAMBLED EGGS
- TURKEY BACON
- TURKEY SAUSAGE
- PORK BACON
- PORK SAUSAGE
- HOME FRIED POTATOES
- HASH BROWNS
- WHITE RICE
- BISCUITS
- CREAMED BEEF GRAVY
- CREAM GRAVY
- PANCAKES
- FRENCH TOAST
- SYRUP W/ TOPPING
- OATMEAL
- GRITS
- WESTERN OMELET

12 MAR 21

\*\*LUNCH\*\*

- HERBED BAKED CHICKEN
- PARMESAN PESTO POLLOCK
- SCALLOPED POTATOES
- WILD RICE
- HERBED BROCCOLI
- GLAZED CARROTS
- MUSHROOM SOUP
- CHICKEN WINGS
- CHICKEN TENDERS
- HAMBURGER
- HOT DOGS
- BAKED BEANS
- CHILLI with BEANS
- CURLY FRIES
- CHEESE SAUCE
- ASSORTED SALAD
- ASSORTED DESSERT

No Better Place To Go, Than Geronimo!



SHRIMP PESTO PASTA



STEAK FAJITA BOWL



LEMON PORK TENDERLOIN

Patriot Warrior Restaurant MEAL PREP

NOW AVAILABLE DAILY DURING REGULAR SERVING HOURS

MEAL RATES/ INFORMATION STANDARD MEAL RATE: \$5.85, APPLIES TO ALL SERVICE MEMBERS, DOD PERSONNEL, DOD FAMILY MEMBERS, AND ALL CIVILIANS DISCOUNTED MEAL RATE: \$4.45 FOR DEPENDENTS OF E1-E4 MEAL CARD HOLDERS FREE MASKS ARE REQUIRED UPON ENTRY

Patriot Warrior Restaurant SAINT PATRICK'S DAY CELEBRATION WEDNESDAY 17 MARCH 1130-1300

<b>MEATS</b>	<b>SALADS &amp; DESSERTS</b>	<b>SIDES</b>
New England Boil	Ceasar Salad	Macaroni & Cheese
Grilled Steak	Macaroni Salad	Mashed Potatoes
Herbed Baked Chicken	Fruit Parfait	Southern Style Cabbage
Fried Shrimp	Red Velvet Cake	Corn on the Cob
Crab Legs	Apple Pie	Roasted Carrots
	Assorted Cookies	Cheese Biscuits

**MEAL RATES/ INFORMATION**  
Meal card holders free  
Standard Meal Rate: \$5.85, applies to all service members, DOD personnel, DOD family members, and all civilians \$4.45 for Dependents of E1-E4  
Masks are required upon entry